

Breakfast: Caprese Breakfast Sandwiches

Breakfast is a super important meal because by the time morning comes around, your body hasn't eaten in at least eight hours.¹ It has been shown that people who eat breakfast are able to consume more micronutrients and fiber than those who do not eat breakfast.¹ This is important because our bodies need fiber for proper digestion, and we need micronutrients, or vitamins, to keep our bodies functioning properly.



Listen to your natural hunger cues when it comes to your breakfast.² If you're not very hungry in the morning it may be appropriate to eat a light breakfast. If you wake up starving, make sure to have enough food prepared to satisfy your hunger. Eating breakfast can prevent overeating throughout the rest of the day.



To get the most out of your breakfast, make sure to make it a balanced breakfast! This means including a protein, some type of produce, and a carbohydrate. These Caprese breakfast sandwiches include all of those components:

- Protein: egg and cheese
- Produce: tomato slices and basil from the pesto
- Carbohydrate: whole wheat English muffin

They are quick to make and will also be sure to keep you full until your next snack or meal. It is important to eat every 3-4 hours in order to fuel our bodies properly and to keep from getting too hungry.



It might seem hard to get a balanced breakfast into your daily routine, but with these tips and tricks, it can be easy!

- Cut up fruit and divide it into containers for each day of the week for an easy grab-and-go addition to your breakfast.
- Hard boil eggs at the beginning of the week to have ready in the fridge on busy mornings.
- Make breakfast in bulk, like an oatmeal bake, breakfast casserole, or muffins so you only have to cook once for the week.
- Pack your breakfast the night before so it's already ready in the morning to save time.

Other easy-on-the-go breakfast ideas:

- Muffin, hard-boiled egg, and an apple
- Oatmeal with peanut butter and berries
- Breakfast Burritos with a whole wheat tortilla, eggs, and sauteed veggies
- Yogurt, granola, and sliced fruit
- Breakfast smoothie with protein powder, and whole wheat toast

Caprese Breakfast Sandwich³

Time to Make: Approximately Five to Ten Minutes

Servings: 1

Serving Size: One Sandwich

Ingredients:

- 1 Whole Wheat English Muffin
- 1 tbsp Basil Pesto
- One Slice of Mozzarella Cheese
- Two Tomato Slices
- One Egg
 - 0.5 tsp Oil
 - Salt and Pepper to Taste

Directions:

1. Toast the English muffin.
2. While the English muffin is toasting, slice your tomato and your mozzarella.
3. Heat a pan on medium heat. Once the pan is hot, add the oil and let it heat up. Add your egg and cook until the desired doneness, preferably cooked all the way through. Season with salt and pepper to taste.
4. On one half of the toasted English muffin, spread 1 tbsp basil pesto.
5. Top with tomato slices, egg, and sliced mozzarella.
6. Top with the other half of the English muffin and serve.

Variations:

- Add fresh spinach or arugula
- Add a drizzle of balsamic glaze
- Add sliced cucumbers

Side Suggestion:

- Sliced fruit

Sources

1. Gibney, M. J., Barr, S. I., Bellisle, F., Drewnowski, A., Fagt, S., Livingstone, B., Masset, G., Varela Moreiras, G., Moreno, L. A., Smith, J., Vieux, F., Thielecke, F., & Hopkins, S. (2018). Breakfast in Human Nutrition: The International Breakfast Research Initiative. *Nutrients*, *10*(5), 559. <https://doi.org/10.3390/nu10050559>
2. Mgunter. (2022, June 29). *Do you really need to eat breakfast?* Cleveland Clinic Health Essentials. Retrieved October 17, 2022, from <https://health.clevelandclinic.org/do-you-really-need-to-eat-breakfast/>
3. Original recipe by Kristina Frazier